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IN PART 1 OF OUR 3-PART SERIES, 'ROXY' GIVES US AN EDUCATION ON BODY RUB PARLOURS PAGES 6 & 7

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Spreading 'the gospel'? Not here

Police step in when demonstrators refuse to leave. Activists charged with mischief following anti-gay protest at U of R

SARAH TAGUIAM
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American activist Peter LaBarbera and Saskatchewan advocate Bill Whatcott were arrested and charged with mischief on Monday after demonstrating against homosexuality and abortion at the University of Regina.

LaBarbera, 51, who was temporarily denied entry to Canada on Friday on suspicion that he's violating the country's hate laws, was a keynote speaker at a pro-life conference in Weyburn this past weekend. LaBarbera and Whatcott, 46, along with two supporters, carried signs with images of aborted fetuses and distributed anti-gay literature at the campus.

"We encourage young people to stand up for what they believe, even if it's politically incorrect," LaBarbera, president of Americans For Truth About Homosexuality, told reporters while dozens of students — mostly opposed to his message — gathered around him outside the Riddell Centre.

Regina police stepped in after the demonstrators refused to abide by a request from campus security officers that they leave.

"Our staff felt that their ... material would cause upset on this campus, discrimination and potential harm and harassment against members of the community," said U of R provost and academic vice-president Tom Chase.

LaBarbera and Whatcott were arrested and removed from the campus in handcuffs after demonstrating for more than two hours.

"Shame on this university for suppressing speech," Whatcott said while being handcuffed.

Members of the campus group UR Pride watched, while some carried signs saying "Homophobia can be cured" and "Pro love."

Student Rob Hillstead spoke to LaBarbera in opposing his messages, and told media that "he has to expect that there are ramifications for what he says."

LaBarbera and Whatcott are due to appear in court on May 26.

"We don't know if his entry to Canada is being extended ... but he would have to make the necessary arrangements to appear in court," police spokeswoman Elizabeth Popowich said of LaBarbera.

According to LaBarbera, he and Whatcott are planning to visit the University of Saskatchewan on Wednesday to stage a similar protest.

Chicago activist Peter LaBarbera was handcuffed and arrested by city police officers while demonstrating against homosexuality and abortion on Monday at the University of Regina. LaBarbera and Saskatchewan activist Bill Whatcott were charged with mischief. Inset: U of R student Rob Hillstead, right, argues with LaBarbera, left, and Whatcott during the demonstration while media watch. SARAH TAGUIAM/METRO

Crime doesn't pay, ideally

Taxpayers lobby group says Sask. government should pull portions of pensions from criminal politicians PAGE 2

... Because I choose not to run (indoors)

Take it outside. Use Metro AR for a step-by-step guide to running a marathon PAGE 12

Leafs: What's the Planahan?

Use Metro AR to learn about the Buds' new prez and join the speculation on his strategy PAGE 14

NEWS 1

Crooked politicians should pay — let's not pay them: Watchdog

Pensions. Federation seeks law similar to one in N.S. that strips away part of pensions

SARAH TAGUIAM
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In light of a recent ministerial misspending controversy, a national watchdog group is urging the Saskatchewan government to pass legislation that would strip politicians of taxpayer-supported parts of their pensions if they're caught committing serious crimes in office.

Premier Brad Wall has ordered the creation of a system documenting out-of-province expenses accrued by cabinet after Social Services Minister June Draude was found to have improperly claimed expenses during an overseas trip last year.

But Colin Craig, Canadian Taxpayers Federation (CTF) Prairie region director, says the premier's move isn't enough.

"They're taking a step in the right direction, but it's not a big enough step," Craig told Metro on Monday.

He recommended the province pass legislation similar to Nova Scotia's Bill 518, the Protecting Taxpayers and Revoking Pensions of Convicted Politicians Act.

"If a politician is caught stealing or committing a serious crime like taking a bribe or fraud while in office, he or she should lose the taxpayer-funded portion of their pension," Craig said.

The bill was recently passed in Nova Scotia and is under consideration by the federal government.

Craig added that Saskatchewan should copy Alberta's policy of having politicians disclose their expenses outside and within the province. Alberta politicians are also required to post their receipts online.

The CTF has sent letters to the Saskatchewan Party and the opposition New Democrats. Craig said he has yet to hear back from both parties.

"This is not just to punish officials," he said, "but to also serve as a deterrent in the first place."

Colin Craig of the Canadian Taxpayers Federation holds a copy of the letter he sent to the provincial government urging it to pass a law that would strip politicians of parts of their pensions if found guilty of serious criminal offences. SARAH TAGUIAM/METRO

Health

Inspection results for personal-care homes now online

Saskatchewan residents looking for a personal-care home for themselves or a family member can now get information about the facilities online.

The provincial government is posting inspection results for 243 personal-care homes after changing legislation to allow the details to be shared with the public.

Health Minister Dustin Duncan says the results will help families and give operators incentive to provide the best care possible.

Personal care homes are licensed and monitored by Saskatchewan Health but are privately owned and operated.

People who wanted to see inspection reports used to have to file a freedom-of-information request with the government.

Duncan says the current format is an interim step while the government automates the inspection process so information can be posted faster later this year.

THE CANADIAN PRESS

Lean

Nurses getting "time-out" for speaking up?

Health Minister Dustin Duncan is contacting health regions to find out if nurses are being punished for voicing concerns about a program that looks to reduce spending and streamline health care.

Duncan says he has not heard about nurses being sent to time-out rooms but feels that would be pretty juvenile.

The NDP says it has, and that nurses who don't like the program called Lean are also being monitored on social media. The Saskatchewan Union of Nurses says nurses have felt intimidated and are seeking government protection. THE CANADIAN PRESS

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Lev Tahor. Judge rules kids from ultra-orthodox group can remain in Ontario

A judge in Ontario has ordered that a group of children in an ultra-orthodox Jewish sect do not have to be sent back to Quebec.

The 13 children are part of a group known as Lev Tahor that left Quebec late last year amid a child protection case and settled in Chatham, Ont.

An earlier court decision ruled in favour of a Quebec court decision ordering the children into care there. But today Ontario Superior Court Judge Lynda Templeton overturned it.

She ruled that the Children's Aid Society in Chatham will continue to investigate the families and the matter will now go to provincial court to determine whether the children are in need of protection.

Avoiding upheaval

Judge Templeton says in her decision that to put further upheaval in the children's lives by sending them back to Quebec would have "disastrous" emotional consequences, and they should not bear the consequences of their parents' flight.

Seven of the children were placed in care last month after Templeton issued an emergency order because the families fled the country ahead of the appeal hearing, while the other six are believed to still be in Guatemala.

THE CANADIAN PRESS

Books. Would-be censors want Captain Underpants yanked down — off shelves

The potty humour of Captain Underpants and the mature exploration of race and family violence by Toni Morrison in The Bluest Eye would seem to have little in common.

But among some parents, educators and others, the works fall into the same category — they're just too offensive and should be restricted or removed from library shelves.

The American Library Association published its annual State of the Libraries report Sunday, which included its list of works most frequently "challenged" at schools and libraries.

Dav Pilkey's bestselling Captain Underpants series topped the list for "offensive language" and material unsuited for its targeted age group.

'S' size, 'XL' voice

"Of course, only a tiny percentage of adults are complaining. Kids love the books, and fortunately, most parents and educators do, too."

Dav Pilkey, author and illustrator of the Captain Underpants series of books

The Bluest Eye, Morrison's first novel, was runner-up, also criticized for language, violence and sexual content.

THE ASSOCIATED PRESS

Ontario suicide attempts shared with U.S. officials

Special report. Province's privacy watchdog blasts police for handing sensitive mental health info over to Americans

Quoted

"There is nowhere that we found where there's any mandatory obligation on the part of CPIC to say you have to disclose this information. That's nonsense. It doesn't exist." Information and Privacy Commissioner Ann Cavoukian, saying there is no legal requirement that suicide attempts be entered into the Canadian Police Information Centre database, which is shared with American officials.

Ontario's privacy watchdog issued a special report Monday demanding police stop sharing information about suicide attempts with U.S. officials, who used the mental health data to block at least four Canadians from entering the United States.

"I found it so unnerving to think about the humiliation and embarrassment that an individual would feel upon arriving at the airport and being denied entry into the United States because they learned from a U.S. border crossing official that they had access to their highly sensitive personal information about a past suicide attempt," said Information and Privacy Commissioner Ann Cavoukian. "Can you imagine?"

The Canadian Mental Health Association said Cavoukian's report highlights "significant grey areas" in terms of police reporting on suicides, and called for more study about the disclosure of police records.

"Mental health police records are not criminal records and should not be treated as such," said the association's Ontario CEO, Camile Quenneville. "Standardizing the protocol for disclosure would be welcome."

THE CANADIAN PRESS

Stop, look, listen: I think I spy a possible new Banksy piece

A new street art piece appeared in Cheltenham, England on Monday, leaving many to suspect street artist Banksy has struck again, leaving an espionage-themed piece in the hometown of Britain's electronic spy agency. The piece depicts three figures in trench coats snooping on a telephone booth. Cheltenham is home to GCHQ, Britain's electronic eavesdropping agency, which found itself in the spotlight after some of its covert activities were revealed by former NSA contractor Edward Snowden. BEN BIRCHALL/THE ASSOCIATED PRESS

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This April and May, Regina Sport District will be offering up to 25 different games activities like cribbage, bridge, bocce ball, golf, predicted time walk and 5 pin bowling for people 55 years and over.
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Teen boys face serious charges, including human trafficking

The head of the Halifax integrated vice unit says the case involving two young men and a laundry list of criminal charges is one that makes cops "stand back and take note."

Doreze Marvin Beals and Andre Jerome Gray appeared in Dartmouth, N.S., provincial court Monday, facing charges that include human trafficking, kidnapping, sexual assault and gang sexual assault.

The two 18-year-olds were arrested after RCMP say a 15-year-old girl was held against her will in a North Preston, N.S., home and sexually assaulted.

"Those are not your run-of-the-mill charges," said Det. Andrew Matthews. "We take them very seriously."

Police were called to North Preston for a reports of shots fired at a home just before 9 p.m. April 10. They found the young victim, who told police she'd been held in the basement of another home on the street for two days before she'd escaped.

One of the two suspects was arrested in the area Thursday evening. The second was arrested later in Windsor, Ont.

Matthews said investigators are considering the possibility the girl was going to be forced into prostitution. He added that it's possible the two accused weren't acting alone.

"I think police have to look at the possibility that there is a network involved," he said.

He said one of the most striking aspects of the case is the young age of not only the victim, but the two accused.

RUTH DAVENPORT/METRO IN HALIFAX

France

Police testing all males at school for rape-case DNA

French investigators began taking DNA samples Monday from 527 male students and staff at Fenelon-Notre Dame high school in search of the assailant who raped a teenage girl on campus.

Prosecutor Isabelle Pagenelle said the choice is simple. "Either I file it away and wait for a match ... or I go looking for the match myself." THE ASSOCIATED PRESS

Bolivia

Villagers send two men to hospital after alleged thefts

Bolivian authorities say Amazon villagers nearly killed two young men after tying them to a tree swarming with venomous ants in retaliation for the men allegedly stealing three motorcycles.

Dr. Roberto Paz said one remained in intensive care while the other suffered kidney failure.

THE ASSOCIATED PRESS

Accused woman says she killed six of her newborns

Utah. Police say she then wrapped them up and left the bodies in boxes

Authorities say a U.S. woman accused of killing six babies she gave birth to over a period of 10 years told investigators that she either strangled or suffocated the children and then put them inside boxes in her garage.

According to a statement released by police Monday, Megan Huntsman said that between 1996 and 2006, she gave birth to at least seven babies at her home and all but one of them were born alive.

Huntsman, 39, said she killed them immediately after they were born, and put their bodies inside boxes. She said each baby was wrapped in either a towel or a shirt, and placed in a plastic bag.

Huntsman is being held on bail — $1 million US for each baby she's accused of killing.

Huntsman was arrested on six counts of murder after police found the infants' bodies. A seventh baby found appears to have been stillborn, Utah County Attorney Jeffrey Buhman said. Formal charges have not yet been filed against Huntsman and no other arrests have been made but Buhman said the investigation remains open.

Police Capt. Michael Roberts said officers responded to a call from Hunstman's estranged husband, who found the first body. Neighbours identified him as Darren West.

Investigators believe West and Huntsman were together when the babies were born, but don't believe he was aware of the killings. THE ASSOCIATED PRESS

Authorities investigate a crime scene at a house in Pleasant Grove, Utah, on Sunday. According to police, seven dead infants were found in the former home of Megan Huntsman, 39. MARK JOHNSTON/THE ASSOCIATED PRESS

Psychology

Women who kill their kids

Most women who kill their children do so by neglect and/or on purpose, said Cheryl Meyer, a psychology professor at Ohio's Wright State University.

Meyer said another common category is the "concealer," a woman who hides or denies her pregnancy and then seeks to dispose of the baby.

The concealers are typically teenagers who get pregnant, are scared and don't want to tell their parents, said Meyer.

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Saskatoon – June 13, 2014
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Bloodiest terrorist attack ever in Abuja

Nigeria. President blames Islamic extremists; one official said the bomb was buried in the ground; others said in a vehicle

The scene of a massive terrorist explosion at a bus park in Abuja, Nigeria, Monday. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

A massive explosion ripped through a bus station during the morning rush hour in Nigeria's capital, killing at least 71 people and wounding 124 in a bombing that marked the bloodiest terrorist attack ever in Abuja.

President Goodluck Jonathan visited the scene and blamed Boko Haram, an Islamic extremist group, which operates in the northeast of Nigeria and which has been threatening to attack Nigeria's capital. One official said he believed the bomb was buried in the earth while the emergency management agency said the explosives were apparently hidden in a vehicle.

The blast destroyed 16 luxury buses and 24 minibuses and cars, said police spokesman Frank Mba, who gave the death toll.

Survivors screamed in anguish and the stench of burning fuel and flesh hung over the site where billows of black smoke rose as firefighters worked to put out the fires. Reporters saw rescue workers and police gathering body parts as ambulances rushed the wounded to the hospitals.

THE ASSOCIATED PRESS

'Ibrahim.' Dutch cops arrest teenage girl for alleged tweeted threat

Police in the Netherlands have arrested a 14-year-old girl on suspicion of threatening American Airlines in a tweet.

Police spokesman Roland Ekkers said the girl, who has not been identified for privacy reasons, turned herself in to Rotterdam police in the company of a parent Monday and is now being interrogated.

The tweet posted Sunday said it came from an al-Qaida member in Afghanistan named Ibrahim and threatened to "do something really big on June 1." But the account's handle came with the nickname Sarah and a profile image of a young woman.

Apologetic tweets were posted to the account after the airline replied it was taking the threat seriously and calling in law enforcement.

Ekkers said the motive for the tweet is not yet known.

THE ASSOCIATED PRESS

Alberta to Iran

Firm charged with exporting prohibited product

RCMP have charged an Alberta company for shipping a product to Iran that could be used in nuclear applications.

Lee Specialties Ltd. of Red Deer faces charges under the Special Economic Measures Act, the Customs Act and the United Nations Act.

The investigation began three years ago after Canadian border officers intercepted Viton O-rings from a cargo shipment at the Calgary airport that was destined for Iran. Viton is a brand of synthetic rubber that can resist high temperatures and chemicals.

THE CANADIAN PRESS

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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Massaging the law

Edmonton massage parlour worker Elizabeth says she and her sex-working alter ego "Roxy" are "two very different people." STEPHANIE DUBOIS/METRO

Walk down the streets of any large Canadian urban centre, and you will come across that ubiquitous flashing neon sign advertising "massage." Inside, the masseuses may offer a lot more. In light of the void in sex-for-sale legislation, Metro Canada is taking a look at what the current climate means for massage parlours.

In this three-part series, we talk to some of the people directly and indirectly involved in Edmonton's 42 body rub parlours.

Over the next three days, Metro will share the stories of the women who work in the establishments, the people who own them, the people who regulate them and the people who use them.

STEPHANIE DUBOIS
Metro in Edmonton

It's a regular evening and a client has just walked into the massage parlour where Elizabeth — who introduces herself as Roxy — works.

Wearing a seductive dress, she greets the client by first introducing herself and asking him if he is interested in her, or would prefer meeting one of her co-workers.

If Roxy — she specializes in domination, fetishes and fantasies — is chosen by the client, she will take the man into one of the rooms to discuss the details of his experience, as well as pricing.

Roxy is chosen.

After hopping into the shower for a quick wash, Roxy starts massaging her client. Like most of her work appointments, it leads to sexual services both she and her client both agree to.

"We offer anything from hand jobs, blow jobs to sex. Every girl offers different stuff," Elizabeth said.

The part-time political science student at the University of Alberta says that in Edmonton, some of the women working in the sex industry have started offering a popular service called "the girlfriend experience," when clients are able to kiss and perform oral sex on the masseuses.

"I refuse to do that because of STIs and, unfortunately or fortunately, I don't know, it's the big seller right now in Edmonton," she said.

Working in the sex industry in Edmonton was never something Elizabeth said she imagined for herself. She first became a sex worker while travelling in Australia. When she ran out of money, she asked a friend working as a bouncer for job recommendations. Unbeknownst to Elizabeth, her friend sent her to a bawdy house.

"I walked into a brothel with a resumé — which was entertaining in hindsight. I wondered, 'Why are there girls in skimpy dresses everywhere?'" Elizabeth remembers wondering.

She ended up working as a receptionist at the brothel, where she greeted clients and offered drinks. After moving to Brisbane and running out of money again, she turned to a nearby brothel looking for a similar job. Instead, she was asked if she wanted to be a "working girl".

"I thought, 'Well, I could live in a hostel for two days, then I'll be broke and sleeping on the beach, or I could do this. Everyone said it's like having a one-night stand, so I started working," she said.

Working on and off in the industry in both Australia and Canada for four years, Elizabeth estimates she has slept with over 1,000 men during her time as a sex worker. Her income: An average of $4,000 to $5,000 a month.

"It's never been stable. I can't do it for more than four to six months before I need something mentally stimulating," she said.

Practising yoga and watching cartoons like Sleeping Beauty are just some of the ways Elizabeth disconnects from her clients and her work in order to stay mentally healthy.

Currently single and still pursuing her political science degree, Elizabeth plans to leave the business that helps her pay the bills and also helps her gain a better appreciation for true love-making.

"It's a very special thing when you find somebody. What I do at work is not what I do at home. What I do at work is like riding a bicycle or those last three blocks when you drive home. You're not really there, you're just going through the motions. That's exactly what I do at work," she said.

"The vast majority is an act. It's step one, step two, step three. I'm thinking about my grocery list, I'm thinking about what I'm going to do with the money I just made. When I'm at work I'm Roxy, I'm not Elizabeth. They're two very different people."

Limit to her 'love'

"What I do at work is not what I do at home. What I do at work is like riding a bicycle.... You're not really there, you're just going through the motions."

Edmonton massage parlour worker Elizabeth, who goes by the working name "Roxy"

Anatomy of a client

Elizabeth, a.k.a. Roxy, said her clients generally fit into three different categories.

- **Client 1.** "They either have physical deformities: so missing a leg, blind, deaf, not stunningly attractive and would have a hard time picking up at the bar.
- **Client 2.** "The second group is working the trades. They work up north, have a ton of money but they don't have a lot of time for a girlfriend."
- **Client 3.** "My third group is 'bored with wife, bored with life.' They're middle-aged to slightly older, bored with the wife, work well-paying jobs ... business suits, white collars."

Why Edmonton?

For several years Edmonton has been actively regulating its parlours — where sex is discretely on sale — by instituting regulations on where they can be located and how they must have at least two employees at the establishment at all times. While the federal government aims to redraft the country's prostitution laws, Edmonton's 42 body rub parlours continue to operate from 7 a.m. to 11 p.m., seven days a week, making the city an interesting case study on prostitution's current legal grey zone.

This image was created using some of the words and phrases commonly found on signs and ads for massage parlours. METRO

Massage parlour owner Sara says she creates personal bonds with her clients beyond the sex acts she performs on them. ISTOCK IMAGE

Parlour owner loves job, 'not because of the sex'

Next in the series

Tomorrow

When it comes to managing massage parlours in the city, Edmonton seems to be ahead of the curve. We examine how it regulates these establishments and how it offers a class massage parlour workers need to take. We also ask massage therapists what they think of body rub establishments.

Thursday

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We'll also print some of your comments about this series.

Labour of love. After 20-plus years in the business, Sara's work is about more than the seven-minute deed

As the co-owner of a massage parlour located in central Edmonton, Sara considers her workplace relatively safe. Licensed and staffed with a minimum of two girls for every shift, her business provides a range of sexual services.

While she specializes in the "cougar" and "very curvy" niches, the massage parlour offers a range of women of all shapes and sizes for its clients.

Sara has been part of the sex industry for more than two decades. Today she co-owns the massage parlour and also works as an escort.

Sara said her busiest time is during the day, especially lunch time — when clients can escape from work for a visit.

The women typically work three to four shifts per week, Sara said, adding the length of the shift can range each day.

The sex industry is a passion of Sara's, and while the future is uncertain due to the Supreme Court of Canada decision, she hopes the industry will continue to grow.

"I love my job and it's not because of the sex. The deed takes seven minutes but you're with them for half an hour," she said. "I often think I live vicariously through them."

Editor's note: Sara's name has been changed to protect her identity.

STEPHANIE DUBOIS/
METRO IN EDMONTON

From 'wench' to reporter

When she was in her early 20s, the Toronto Star's Rosie DiManno had a brief encounter with a body rub parlour. Go to metronews.ca to read her 2011 column chronicling her experience and insight.

- **What do you think?** Parlours can be found across Canada, maybe even close to your home. Visit metronews.ca/features/massage-parlours to give us your thoughts on these businesses, their workers and those who visit them and follow @metropicks to tell us what you think about body rub parlours.

Heartbleed likely 'largest flaw' to ever hit Internet

Expert. News 900 SINs stolen from CRA is just the 'tip of the iceberg'

The fallout from the Heartbleed bug could go far beyond just 900 social insurance numbers compromised at the Canada Revenue agency.

Alberta computer security expert John Zabiuk suspects there's a wave of problems coming.

"Right now, we're just seeing the tip of the iceberg," he said. "This is probably the largest flaw that's hit the Internet in history."

Zabiuk is with the Northern Alberta Institute of Technology in Edmonton, where, as an ethical hacker, he teaches students to protect computer systems by approaching the problem from a hacker's perspective.

The revenue agency says it's analyzing data to determine what else might have been siphoned out. Zabiuk says officials are likely to discover a much bigger cache of information has been compromised.

"Realistically, with over two-thirds of all servers compromised online with this vulnerability, we're going to be seeing a lot more fallout from this," he said. THE CANADIAN PRESS

BlackBerry Messenger

BlackBerry says Apple iPhones and Android devices running chat software BlackBerry Messenger face an "extremely small" risk from the Heartbleed software bug.

- The bug is caused by a flaw in OpenSSL software, which is commonly used on the Internet to provide security and privacy.

Uber hails customers in Asia

Taxi cabs stand at a parking lot at the airport in Mumbai, India. Taxi-hailing smartphone app Uber is making a big push into Asia with the company starting operations in 18 cities in Asia and the South Pacific including Seoul, Shanghai, Bangkok, Hong Kong and five Indian cities in the last year. RAJANISH KAKADE/THE ASSOCIATED PRESS

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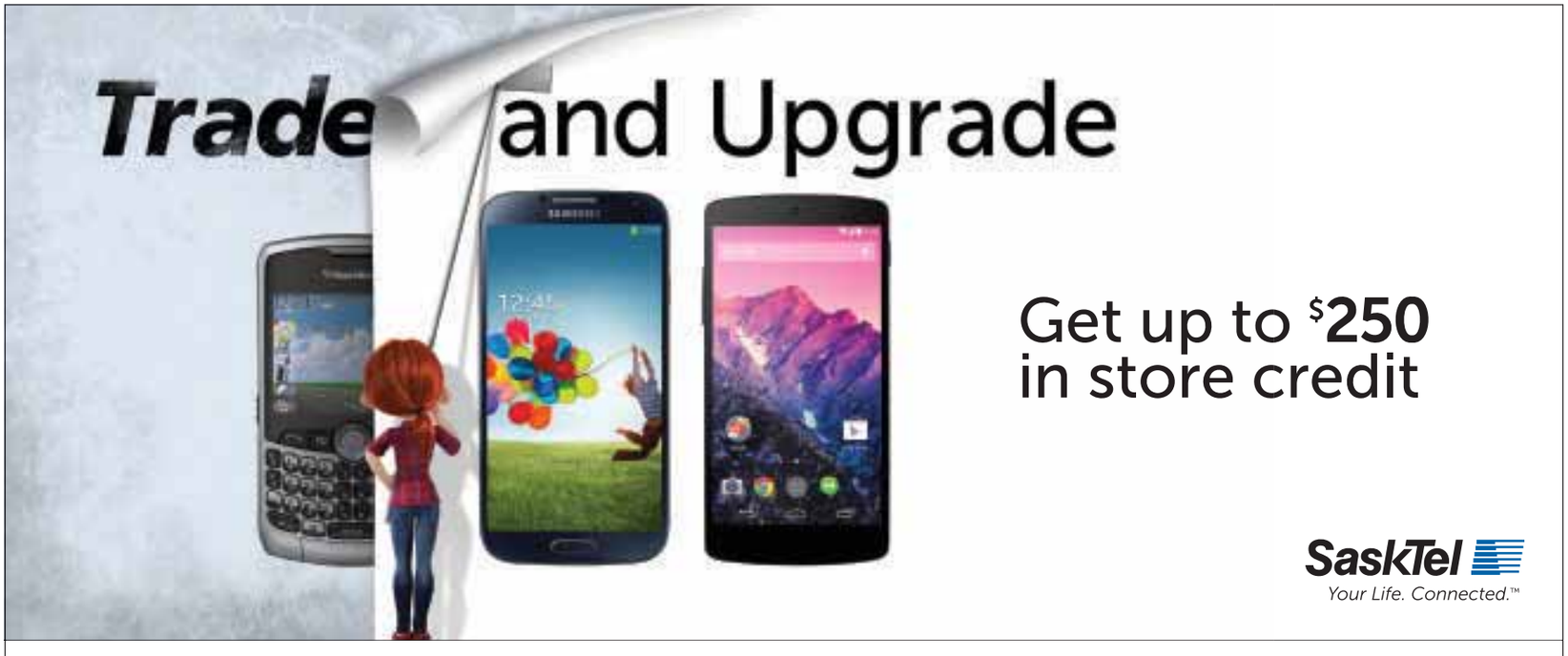
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HAIR-RAISING TALES FROM DOWN UNDER

SHE SAYS
Jessica Napier
metronews.ca

Practically all women are born with hair on their body — some much more than others, thanks to various different biological factors — and yet we spend an untold amount of time and money attempting to rid ourselves of it.

Veet, a purveyor of numerous at-home hair removal products, recently found itself in a sticky situation (pun very much intended) after launching a new advertising campaign that suggests women are allowing their naturally occurring body hair to turn them into dudes. The commercials, which have since been pulled from the beauty brand's Facebook page, feature a series of women who transform into grizzly looking men after forgetting to attend to their armpit and leg hair after a mere 24 hours.

The videos are intended to be funny but they come across as sexist and ignorant. According to Veet, the only way to "feel womanly around the clock" is to go on the offensive against your own body and never ever allow a person of the opposite sex to see you *au naturel*. Women are expected to eradicate every single strand of hair that isn't deemed acceptable on an idealized "feminine" figure.

Personally, I've never been interested in any sort of hair removal process that involves an unnecessary amount of pain, especially when it comes to my bikini line. The idea of undressing in front of a complete stranger and asking her to yank strips of paper covered in hot wax from my nether regions has never appealed to me. The idea that I should be paying to have this agonizing service performed on me every four to six-weeks — laughable.

And yet, after years of peer pressure, my meddling friends finally managed to convince me that I was missing out on some sort of rite of passage and should just give it a try. This is why I recently found myself popping two extra-strength painkillers and laying down for my first Brazilian waxing experience, because if I was going to do this, I thought I should go all the way.

About 10 seconds into the excruciating process I wimped out and requested something a little less extensive. I felt my dignity being stripped away from me quite literally as I winced and yelped my way through the 15-minute appointment.

"It will feel better next time," the aesthetician promised me. With tears streaming down my face, I couldn't find the words to tell her that I didn't think there would be a next time. I paid the requisite $40 for the pleasure cruise and raced home to curl up in bed with a glass of wine and an ice pack on my crotch.

Needless to say, that was probably my first and last bikini wax. I can't imagine I'll start investing hundreds of dollars a year to achieve an unnatural Barbie doll look.

Personal grooming is ultimately about individual choice; you can pluck, wax, trim and laser off as much or as little as you want, wherever you want.

And no woman should be shamed for the decisions she makes about what happens — or doesn't happen — when it comes to her hair down there or anywhere else on her body.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Picnic instead of picket

OLI SCARFF/GETTY IMAGES

Women eat on Tube to protest website

Women eat on a Circle Line Underground train in protest of the Women Who Eat on Tubes website on Monday in London, England. The Women Who Eat on Tubes blog invites members of the public to upload images of women eating on the London Underground and has received thousands of followers plus numerous accusations of misogyny. METRO

Organizer says

"People say it's not about gender. If it was just people eating on the Tube you could bring in the question of privacy, but it's not — it's just women. You can't ignore that."

Organizer Alexis Calvas told The Independent

The event's Facebook page had 500 participants, and organizers encouraged those who couldn't attend to raise awareness with the #ieatonthetube hashtag.

Also seen on transit

- **@dreaminontransit** is an Instagram account that stealthily snaps photos of people napping on Vancouver transit and has attracted over 4,000 followers since January.
- **Awkwardtransit.com** is your odd collection of transit riders, including some holding the pole with unexpected body parts.

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MetroTube

Swedes hanging out in circus class

ANDREW FIFIELD
metronews.ca

So how about starting your morning off with a little light trapeze, courtesy of the absurdly flexible Swedish duo of Robyn and Linn. The pair are currently enrolled at Stockholm's University of Dance and Circus, because apparently being home to one of the world's most vibrant music scenes doesn't provide enough options for entertainment in that city. They also need to open their doors to the country's finest physical performers, as well.

YOUTUBE SCREENGRAB

metro
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See that symbol? It means you can scan the photo below with your Metro News app to hear a new song by the Hold Steady

SCENE 2

On new album, the Hold Steady grows up

Teeth Dreams. Band shows that rock 'n' roll doesn't have to be 'about a teenager and a convertible'

NOLAN GAWRON
Metro World News in New York

Craig Finn of the Hold Steady. GETTY IMAGES

Throughout their 10-year career, the Hold Steady have strategically amassed a catalogue of songs often centred on a recurring group of characters. Craig Finn introduced listeners to tragic heroes and fallen friends caught up in the partying lifestyle, formed from the amalgamation of acquaintances and fictional figures.

His spoken delivery embraced witty double entendres, juxtaposing modern jargon with scholarly diction as he portrayed the ups and downs of the down-and-outs.

And somehow, he always seemed to stay positive.

With Teeth Dreams, the band's sixth studio album and the first on their own Washington Square label, hitting stores late last month, Finn's songs seem to have naturally evolved from the post-adolescent party to the inevitable adult hangover.

These are cautionary tales and proof that yesterday's kicks become tomorrow's bruises.

"It's definitely the darkest Hold Steady record," says Finn.

"While the others had been especially hopeful and maybe positive and optimistic, this one may hold back on that optimism a bit. Writing this record, I wasn't in a particularly bad place or anything, I was just fascinated with anxiety and the idea of mental health and the way we treat it nowadays and the way we deal with our neuroses."

With such a repertoire of decadent characters, Finn says that his narrative had to change and that those wandering from the straight-and-narrow will inevitably fall.

Quoted

"I'm trying to write characters that are a little older."

Craig Finn of the Hold Steady, on his songwriting process for the band's new album

"We started the band 10 years ago, and for the past 10 years I've known a lot of people close to me that have struggled with substance abuse and mental health issues," he says.

"I'm 42. When you're 32 you might still be going along and having a good time, but at some point it starts to drag you down. … [Now] I'm trying to write characters that are a little older.

"I think that's a challenge, and it always has been. Rock 'n' roll is often about a teenager and a convertible. … It's 50 and 60 years old now, so it doesn't have to be. Great artists like Bruce Springsteen and Neil Young have written great songs about adults."

If their message seems heavy, their instrumentation is even heavier — any somber sentiment quickly finds solace by leaning against the towering guitar solos that were hinted at before, but are now realized in skyscraping realities. The guitars have finally soared to reach Thin Lizzy heights, while Finn's lyrics are still born to run.

Review

Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

●●●●○

Philomena transcends the usual odd-couple hijinks we'd expect from the pairing of Dame Judi Dench and the comic Steve Coogan.

Director Stephen Frears tells a story from true life: Dench's Philomena Lee is a devout Irish Catholic whose teen pregnancy in the 1950s got her banished to the Magdalene laundries, where Catholic nuns enslaved "fallen women" while cashing in on secret foreign adoptions for the children. Philomena lost her three-year-old son Anthony in this way, leaving her with only a single furtive photo of him. Determined to find him 50 years later, she enlists the aid of cynical BBC correspondent Martin Sixsmith (Coogan). The standard friction ensues. Yet they find common cause in their dogged search for Anthony, as the trail leads from Ireland to Washington, D.C. Philomena becomes something of a comic thriller. Dench is reliably great, a recent best actress nominee for her work. But it's Coogan who really impresses, playing a screen journalist who for once feels true to life.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hats off to the fashion forward folk at the MTV Movie Awards

PAT HEALY
Metro World News

Johnny Depp's ensemble made him look like a Steampunk gangster from New Jersey. ALL PHOTOS: GETTY IMAGES

Grumpy Cat took the hat trend to heart at the MTV Movie Awards.

Pharrell Williams, what have you wrought?

Men, women and cats all donned hats at Sunday night's MTV Movie Awards — with mixed results.

Johnny Depp is no stranger to the fedora and usually the star can pull off any look, but his entire ensemble on Sunday night made him look like a Steampunk gangster from New Jersey.

I'm not sure what Hana Mae Lee looked like with her cigarette cap, other than a woman who looks like she wants attention to be paid to her (it worked!).

Oscar-winner Jared Leto wore an oversized straw cap while Kesha looked like a "Flowers in the Attic" reject in a goth felt cap.

Finally, no hat recap would be complete without this shot of Grumpy Cat wearing the Pharrell Williams' trademark Vivienne Westwood "Mountain" hat.

British people, take note: THIS is how you wear a hat.

Does the green-eyed monster haunt Pitt-Jolie?

Angelina Jolie and Brad Pitt.

It turns out there's more to that Star magazine report about life inside Brad Pitt and Angelina Jolie's home. Aside from Jolie's alleged control freak ways and their kids' wild behaviour, there's apparently still the spectre of Jennifer Aniston hanging over their relationship. Sources say the "supervindictive" Jolie "hates Jennifer Aniston still and is very competitive with her," both personally and professionally. And it probably doesn't help that the A-list pair reportedly worry about each other's fidelity. "Both of them are insecure about the relationship," the source explains. "She worries that he cheats, and he thinks she'll cheat because she's 12 years younger than he is." But despite these supposed issues, the source admits Jolie and Pitt remain "insanely devoted" to each other. "She fell for him the minute they met, and he loves the way she is into him," the source says. "They go at it like rabbits. They are very kinky and will spontaneously hook up any chance they get."

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See that symbol? It means you can scan the photo below with your Metro News app. Going the Distance: a step-by-step guide to the marathon

LIFE 3

Hit the road: Your body will really thank you for it

You think you're being smart by going to the gym — you're not. The treadmill won't make you a better runner, and here's why

ROMINA McGUINNESS
romina.mcguinness@metro.lu

So, you're happier at the gym. We get it — you're petrified of tripping and smashing your knees (ribs, shoulders, face, etc.) against the concrete pavement. But although being inside means not having to deal with gale-force winds, car fumes or crazy cyclists, it's not any safer.

Want to be fast and strong? Go outside

Roadside running gets a bad rap for a lot of unfair reasons, but the hardness doesn't mean it's hurting you, says fitness expert Scott Francis.

"Outside, you're able to deviate your left to right stride — your body moves freely," he tells us.

London-based running coach and Saucony spokesperson Nick Anderson agrees.

"Even if you're on what you perceive is a pretty flat pavement, your foot is having to adjust its angle every time it hits the ground, which is always slightly uneven. The muscles have to work hard in order to stabilize the foot as it goes through its landing and taking off phase, meaning you need to generate more force than if you were on a treadmill."

So many people think that they're doing their body a favour by choosing to run at the gym … but the truth is, they're not.

"You're going really quite fast — a lot quicker than you would be on the road, but it's got nothing to do with speed. The surface you're on is completely flat and that's not running but jumping up and down on the spot.

"When you're on a treadmill, you're in this weird limbo — consciously staying in lane, subconsciously bouncing out of it. You're throwing your hips and knees dangerously off-balance and potentially doing a lot of damage to your joints," warns Francis.

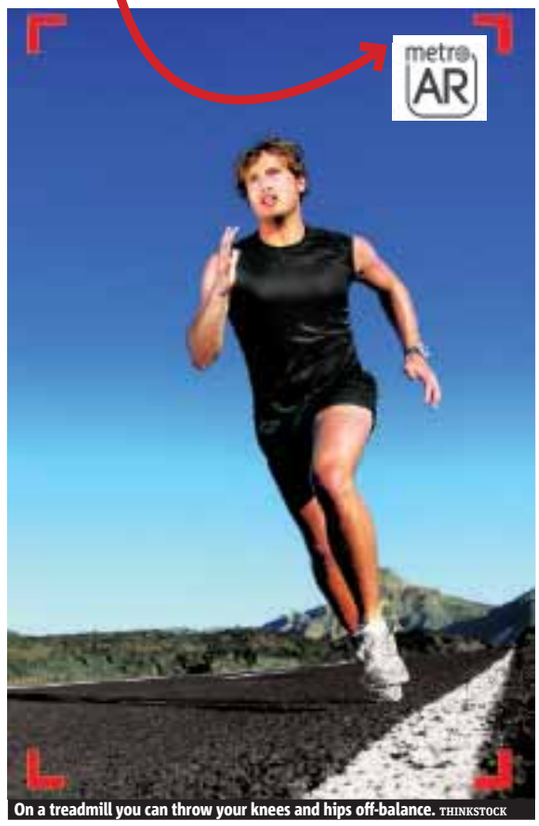
There is no 'proper' way to run

There's this common misconception that the longer your stride, the faster you'll run. Wrong!

Putting the foot so far out in front can cause a lot of strain on the body.

"Run tall, with a slight forward lean, short stride and let your foot land underneath you rather than ahead of you. This way, less force will travel up through the body and you'll be lighter on your feet," say Anderson.

Not quite sure what he means by this?



On a treadmill you can throw your knees and hips off-balance. THINKSTOCK

Francis has a trick to visualize how to run this way.

"Think 'heel toe, heel toe'. put your palm and wrist on the table and lay your hand out flat. Keeping your hand still, come up on your fingertips and drag your fingers back towards your body — that's (more or less) the correct way to run," he explains.

Match your shoe to you

The shoe is the last part of the equation. If everyone had their running gait and stride analyzed, the dangers of running outdoors would be far lower. "You're dealing with anything from three to seven times your weight going through your body at the point of impact. Not only does the shoe needs to fit, it needs to match your running style," says Anderson.

"People tend to buy their trainers one size too small because everyday footwear is usually worn quite tight. But the foot expands as you run, so you need there to be half a thumb's width of space at the front (from your big toe to the end of the shoe).

"Ideally everyone should have their arch analyzed (most shops do this for free]) in order to figure out how their foot strikes the ground — on the forefoot, midfoot, heel or extreme heel," adds Francis.

The best is to try on several pairs and look at different brands, making sure the shoe is built with cushioning and support and that the sole grips the floor well. Once you've done all of that you're ready to go — outside, of course.

Quote

"Running is one of the most natural motions for our body — as instinctive as walking or sleeping — and yet we get it so wrong."

Scott Francis, performance strategist and life coach

Tried and tested

Top 5 shoes for running on concrete

Nike Flyknit Lunar2

Asics Gel-Nimbus 15

New Balance 890V4

Saucony Guide 7

Brooks Ravenna 4

Health Solutions

An apple a day ... you know the rest

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everyone knows that all fresh apples are harvested and only at their peak in the fall, right? Wrong!

It is true that most apples you find on the shelves at this time of year are long past their prime. They were picked in the fall and intended to be enjoyed by Christmas or made into pie.

There is one exception: Red Prince.

Grower Marium Botden says, "Red Princes are harvested in the fall like other local apples but are cellared in sealed, controlled atmosphere storage to allow the flavour to mature, in a process similar to wine. Most of the oxygen is removed and they add in CO2 so the apples go to sleep. When they come out of storage months later, the natural sugar or 'brix' stays high, but the natural acid goes down. This results in a crispy, juicy bite and a robust, tangy-sweet flavour."

This means that they are crisp, ripe and ready when other apples are as sick of a long cold winter hibernation as the rest of us.

These apples work well eaten out of hand, in fresh salads and can also be cooked or baked. Like all apples, they're high in antioxidants as indicated by deep red colour of the skin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Apple and Chicken Bake sweetens the pot — literally

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This quick and easy-to-prepare weeknight meal is sweet and comforting.

It only requires a few minutes of stovetop work and then the oven baking does the rest. All you really need is a salad and a nice bottle of white wine. Oh, go ahead, light a candle, too.

Ingredients

- 8-12 chicken drumsticks
- 1 tbsp (15 ml) grapeseed oil
- 1 large garlic clove, minced
- 1 cup (250 ml) sweet onion diced
- 1 lb (500 ml) fresh white button mushrooms
- 4 Medium Red Prince Apples, chopped in 1/2 inch chunks (approx. 4 cups/1000 ml)
- 1 cup (250 ml) dry white wine
- 1 tbsp (15 ml) chopped fresh thyme
- 1 cup (250 ml) chicken stock

1. Preheat oven to 400°F.

2. In a sauté pan, sear chicken pieces in oil until golden brown. Place chicken pieces in a roasting pan.

3. In the sauté pan, heat oil and sauté garlic, onions, mushrooms and apple chunks till softened and slightly browned. Deglaze pan with white wine and boil 2-5 minutes to reduce. Add, thyme and chicken stock to sauté pan and mix well. Pour ingredients over chicken in roasting pan and place in oven uncovered for 20-25 minutes or until chicken skin is golden and crispy, basting once half way through with pan juices.

This recipe serves six. COURTESY THERESA ALBERT

RECIPE COURTESY COURTESY REDPRINCE-APPLE.CA/ THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Shanahan expected to force culture shock

Leafs. New president to conduct thorough assessment before delivering exit papers

Newly hired Maple Leafs president Brendan Shanahan smiles during a press conference in Toronto on Monday. Scan the above image with the Metro News app to see a photo gallery of Shanahan's hockey career dating back to 1989. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Brendan Shanahan was brought in to change the culture of the Toronto Maple Leafs. How the new team president plans to do that remains a mystery.

In introducing Shanahan on Monday, Maple Leaf Sports and Entertainment president Tim Leiweke made it clear that he wasn't happy with the "character" and "culture" of the team.

"I'm not sure the Leafs have (the right culture)," Leiweke said. "I definitely sense that we lack an identity, and right now we're a team that lacks a direction and we want to change that."

It's up to Shanahan and general manager Dave Nonis to do it, but no clear direction for the organization was spelled out on Shanahan's "first day at work." The 45-year-old Hall of Famer has a plan, and though he and Leiweke didn't get into specifics, plenty of changes are expected.

"I have some ideas in my head about direction, but I think that at the same time ... those are subject to change," Shanahan said. "I think that it's very important for people, especially in sports, to have the ability to evolve and to make changes."

Change could come in the form of firing coach Randy Carlyle, whose vision for winning hockey didn't seem to fit with the Toronto roster. And it could come in the form of many different players being on the ice opening night this fall than were around for Monday's locker clean-out.

Handing over the reins

"This is Brendan's team, it's his culture, and at the end of the day he makes all the decisions, and we're going to support that 100 per cent." MLSE president Tim Leiweke

But Shanahan and Nonis insist the immediate job is to step back and make an assessment of where the organization is as a whole. Even though each man called Carlyle a "good coach," it's difficult to point to things like identity, culture and character without at least considering the next step.

"You all saw the team this year — I think we didn't have the identity," Leiweke said. "I think Randy tried to create the identity. To the guys' credit last year, they bought into that, and they took on Randy's identity, I don't think that happened this year."

Shanahan, who grew up in the Toronto neighbourhood of Mimico and previously worked for the NHL as the director of player safety, is expected to shape this team's identity. It's just not clear how he intends to do that.

"Dave and I are going to ... talk about how we see the best way to play for our team going forward," Shanahan said. THE CANADIAN PRESS

Preds end Trotz's stint in Nashville

Barry Trotz GETTY IMAGES FILE

Barry Trotz, the NHL's longest tenured head coach with one team and the only coach the Predators have ever known, will not be back for a 16th season with Nashville.

The Predators announced Monday that they have told Trotz his contract will not be renewed and that they are starting a search for a new coach immediately. Trotz is being offered a job in the team's hockey operations department, though the two-time Jack Adams finalist could be a top coaching target for other teams.

By the numbers

1,196

Trotz's 1,196 games with Nashville puts him second only to Gregg Popovich of the NBA's San Antonio Spurs for longest active coaching tenure in the four major sports.

Missing the playoffs two straight seasons — the first time since 2001-02 and 2002-03 — was too much for a franchise that needs to reach the post-season to sell tickets and generate crucial revenue. Trotz's contract expires June 30.

"Our organization has high expectations and we have not met them in the past two seasons," general manager David Poile said in a statement.

"As a result, it is my decision and determination that we need a new voice and a new direction ... Our goal is to return to the playoffs with the ultimate goal of contending for the Stanley Cup. We know that once we get into the playoffs, anything is possible." THE ASSOCIATED PRESS

NHL

Room for three more Canadian teams: Think tank

The Conference Board of Canada says the country could support as many as three more National Hockey League franchises within the next two decades.

The board suggests that in addition to the seven existing NHL teams, Quebec City and Hamilton, Ont., appear to meet minimum requirements for a franchise in the near future.

The requirements include elements such as population, income and corporate presence.

But potential franchises in these smaller markets would require dedicated owners and would likely face tough times in the event of economic shockwaves such as a falling Canadian dollar.

The organization said today a third franchise could also emerge in the Greater Toronto area by 2035, but that the price of appeasing the hometown Maple Leafs would be steep.

It says the population of the Toronto area is expected to grow to 10.5 million within 20 years.

The board is predicting that franchises in Calgary, Edmonton and Ottawa will continue to be viable markets in 20 years but that the Atlantic provinces and Saskatchewan will not have the population or corporate presence to support NHL teams. THE CANADIAN PRESS

Swimming

Phelps dives back into the pool

Michael Phelps is coming out of retirement, lured back into the pool by the fun of it and the possibility of swimming at a fifth Olympics in Rio in 2016.

Michael Phelps GETTY IMAGES

The 22-time Olympic medallist will compete for the first time since the 2012 London Games at a meet in Mesa, Ariz., on April 24-26.

Bob Bowman, the swimmer's longtime coach, told The Associated Press on Monday that Phelps is entered in three events — the 50- and 100-metre freestyles and the 100-metre butterfly. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
There seems to be a barrier of some kind between you and other people, no doubt caused by today's lunar eclipse in your opposite sign. Don't worry. The cosmic tide will turn.

♉ Taurus
April 21 - May 21
Are you working more for other people than you are for yourself? If so, it's time to get a grip on the situation. Let those who are taking advantage of you know that this is as far as it goes – and mean it.

♊ Gemini
May 22 - June 21
The planets warn you must not pretend that certain things are true when they clearly are not – it could be a costly mistake. If you must take a risk at least wait until the effects of the current eclipse wane.

♋ Cancer
June 22 - July 23
Spell out in plain and simple language what it is you expect of other people. Both at home and at work misunderstandings are likely today, so make sure everyone knows what they should be doing.

♌ Leo
July 24 - Aug. 23
By all means listen to what friends and family members have to tell you but don't think for a moment it's all true. Act as if you have not yet heard the whole story.

♍ Virgo
Aug. 24 - Sept. 23
Be extra careful when dealing with money matters and business issues. Anything that sounds too good to be true most likely is, so check everything, even from trusted sources.

♎ Libra
Sept. 24 - Oct. 23
Today's lunar eclipse in your sign is sure to confuse things, so promise yourself no matter what happens you won't get upset about it. In a matter of days it will all be forgotten.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever happens today, be it good, bad or indifferent, you must treat it as if it is of no real importance. If you allow feelings to guide you then your fears will most likely take over.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think too hard about something that appears wholly illogical. A number of strange, even bizarre, things are likely to happen but none of them can do you harm.

♑ Capricorn
Dec. 22 - Jan. 20
This is the sort of day when it is probably best to keep your plans to yourself. You don't have to be dishonest but it will pay you to be evasive. Others have no right to know about your aims and ambitions.

♒ Aquarius
Jan. 21 - Feb. 19
Today's eclipse warns you need to take care, especially when socializing and traveling. If you do too much there is a danger you could exhaust yourself – and you'll still have all those chores to finish.

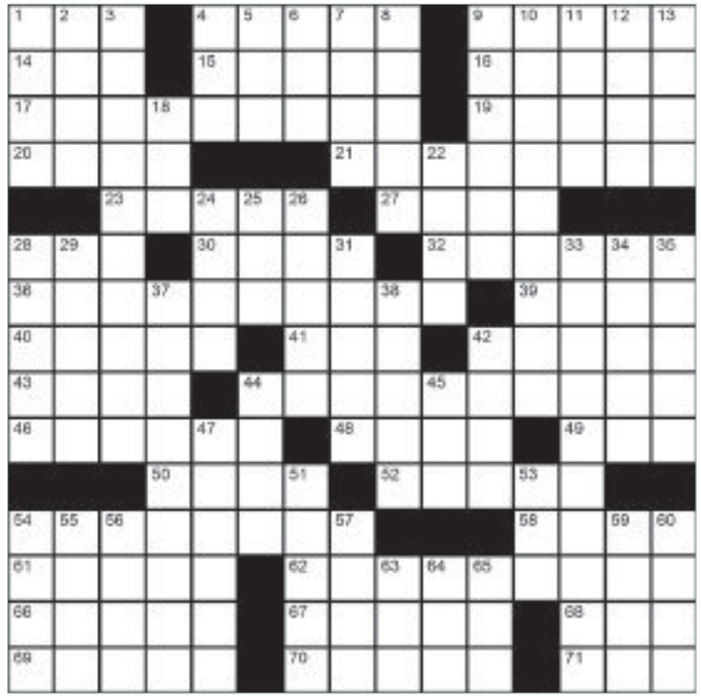
♓ Pisces
Feb. 20 - March 20
You will be tempted to cut corners in some way today – and that could be a big mistake. Any small gains you make will be wiped out by big losses later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

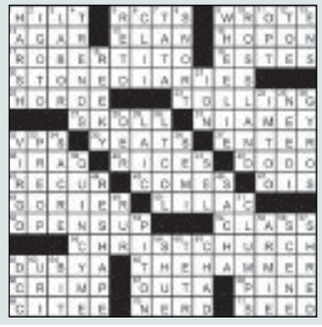
BY KELLY ANN BUCHANAN



Across
1. Halfway
4. Calendar parts
9. Jostle
14. A little __ _ lot
15. Fess up to
16. Less blushful
17. "Out of My Head" band from Hamilton
19. Excludes
20. Less than twice
21. Directions/info giver on roads, highways, etc.
23. Discharge
27. Scolds
28. On holiday from work
30. Sight from a lookout
32. Recreation room amenity: 2 wds.
36. Body of water in Vancouver: 2 wds.
39. 2002-debuting coin
40. 'Punny' joke reaction
41. Mr. Mineo
42. __ Calrissian, Billy Dee Williams in "The Empire Strikes Back" (1980)
43. Ancient Greek coin
44. Named after the American who founded it in 1909, this British department store is owned by Canadian tycoons The Weston Family
46. Skin-related
48. Per __ (Daily)
49. 'Differ' suffix
50. Norwegian king, variantly
52. Stately
54. "__ Girl" by Neil Young
58. Town that's east of Toronto
61. 'Parliament' suffix
62. Boreal burrower
66. Prefix to 'mony' (Marriage)
67. The blahs
68. W.C.'s co-star
69. Looks
70. Find the sum again
71. Sleuths, e.g.

Down
1. Magic†spell
2. Lady Antebellum's "_ __ to You"
3. Setting of Madonna's "Vogue": 2 wds.
4. Cryer's sound!
5. Tokyo, once
6. Down Under bird
7. Rock band
8. Writer Gertrude
9. Sopper-upper
10. Posh town on Montreal Island
11. Mixture
12. Checks for accuracy
13. In the past, in poetry
18. Powder __
22. Look bewilderedly
24. __-steven
25. As written
26. Short
28. Meg Tilly movie, "Agnes __ __" (1985)
29. "__ __ it from me to..."
31. English woodland
33. Leap of faith taken by a thrill seeker: 2 wds.
34. Forest of ___ (Setting of Shakespeare's As You Like It)
35. Henhouse
37. B.C. city on Shuswap Lake: 2 wds.
38. Sprite-like
42. Tree's one-of-some
44. Criticize
45. _ _ _ Speedwagon
47. Ms. Morissette
51. Wedding oath taker
53. CNN correspondent, Kyung __
54. Pics-taking devices
55. Latin hymn: "Dies __"
56. Evening, informally
57. Not any
59. Juice berry
60. Vintage models of Jags
63. __ _ break
64. Stinker
65. "El __" (1961)

Yesterday's Crossword



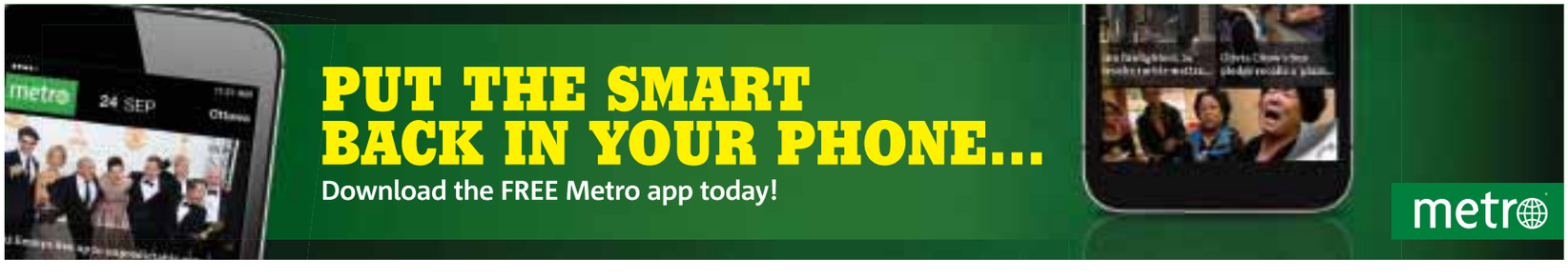
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8	6					4	
2					3		5	
7			4		6	3		
	2			6		4		9
1		4		2			7	
		5	8		9			2
	1		3					7
	3					5	9	

Yesterday's Sudoku

1	3	6	2	7	9	8	5	4
2	4	9	5	8	1	3	6	7
5	8	7	3	6	4	1	9	2
3	9	5	8	1	2	4	7	6
4	6	8	7	5	3	2	1	9
7	1	2	9	4	6	5	8	3
6	7	4	1	2	8	9	3	5
9	5	1	4	3	7	6	2	8
8	2	3	6	9	5	7	4	1



RELAY FOR LIFE
RELAIS POUR LA VIE

Canadian Cancer Society
Société canadienne du cancer

CELEBRATE

REMEMBER

FIGHT BACK

Saskatoon – June 13, 2014
Regina – June 20, 2014

Events will also be held in:

Assiniboia
Battlefords
Estevan
Kindersley
Lloydminster
Lumsden
Meadow Lake
Moose Jaw
Nipawin
Preeceville
Prince Albert
Rosetown
Shaunavon
Swift Current
Wilkie
Yorkton

Check the website for dates.

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